








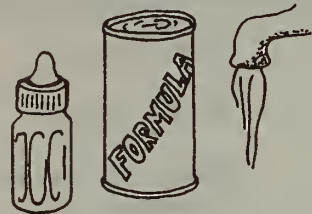
MASS. HS31.2: In 4/eng.

INFANT FEEDING GUIDE

Foods	Months	0-4 MONTHS	4-6 MONTHS	6-8 MONTHS	8-10 MONTHS	10-12 MONTHS
 Breastmilk or Iron-Fortified Formula		5-10 feedings 16-32 ounces 	4-7 feedings 24-40 ounces	3-4 feedings 24-32 ounces	3-4 feedings 16-32 ounces Whole milk can be introduced now.	3-4 feedings 16-24 ounces Whole milk can be introduced now.
 Cereals & Bread		NONE	*Boxed rice, oatmeal or barley (spoonfed) Mix 2-3 teaspoons with formula, water or breastmilk	*All varieties of boxed infant cereal except Cera-meal or cereal with fruit or honey (Twice a day)	*Infant cereals Cream of Wheat or other plain hot cereals *Toast, bagel or crackers	*Infant or cooked cereals *Unsweetened cereals *Bread *Rice *Noodles & Spaghetti
 Fruit Juices		NONE	*Infant juice *Adult apple juice, Vitamin-C fortified (Avoid orange & tomato juice now) (2-4 oz. a day)	*Infant juice *Adult apple juice, Vitamin-C fortified Try juice from a cup (4 ounces)	*All 100% juices Orange and tomato juice can be introduced now.	*All 100% juices Orange and tomato juice can be introduced now.
 Vegetables		NONE	NONE	*Strained or mashed vegetables - dark yellow or orange (avoid corn) - dark green (1/2-1 jar or 1/4-1/2 cup a day)	*Cooked, mashed family vegetables *Junior vegetables	*Cooked vegetable pieces *Some raw vegetables -carrots -tomatoes -cucumbers
 Fruits		NONE	NONE	*Fresh or cooked fruits - mashed bananas - applesauce *Strained fruits (1 jar or 1/2 cup per day)	*Peeled, soft fruit wedges - bananas, peaches, pears, oranges, apples	*All fresh fruits peeled and seeded *Canned, packed in water
 Protein Foods		NONE	NONE	Try <u>plain</u> yogurt	*Lean meat, chicken and fish (strained, chopped or small tender pieces) *Egg yolk, yogurt, mild cheese, peanut butter, cooked dried beans	*Small tender pieces of meat, fish or chicken *Whole egg *Cheese *Yogurt *Cooked dried beans *Peanut butter

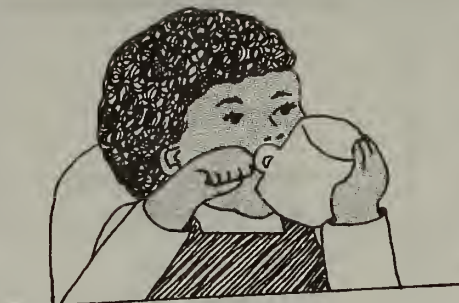
Some things to remember...

EVERY BABY IS DIFFERENT.
CONSULT YOUR DOCTOR OR NUTRITIONIST TO MAKE SURE YOUR
BABY IS GETTING WHAT HE/SHE NEEDS.



A BABY'S BOTTLE IS FOR
WATER, FORMULA (milk)
AND 100% JUICE ONLY.

Kool-aid, Hi-C, soda
(tonic), Hawaiian Punch
and Tang are full of sugar
and food coloring.



TRY NOT TO FEEL
PRESSURED TO START SOLID
FOODS EARLY BECAUSE A
FRIEND OR RELATIVE FEELS
YOU ARE "Starving" THE
BABY. BY WAITING YOU
WILL BE THE WINNER IN
THE LONG RUN.

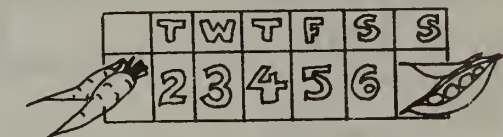


USE A BABY SIZE SPOON
FOR FEEDING.

Poor eating habits may
result from putting food
in the bottle.

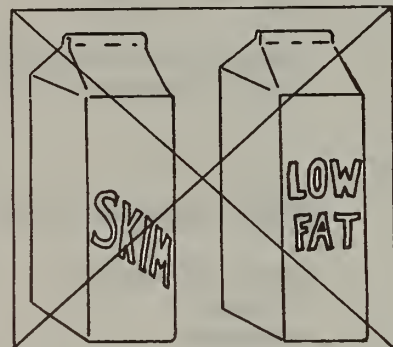


FEED YOUR BABY SMALL
AMOUNTS AT FIRST; MAKE
THE FOOD THIN AND
SMOOTH BY MIXING IT
WITH A LITTLE FORMULA,
BREASTMILK OR WATER.



ADD ONE NEW FOOD AT A
TIME. WAIT ABOUT 5 DAYS
BEFORE YOU TRY ANOTHER
ONE.

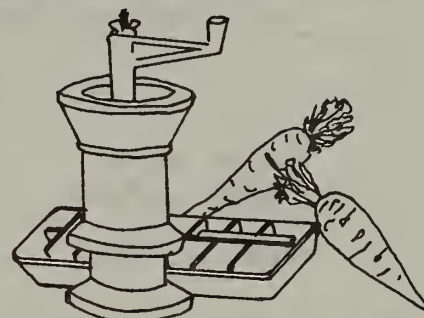
- * This will give time for
your baby to adjust to
the new food.
- * If your baby has a
reaction, you will know
which food caused it.



SKIM OR LOWFAT MILK
SHOULD NOT BE GIVEN TO
ANY CHILD LESS THAN
1 YEAR OLD.

It does not provide
enough fat for the
developing nervous
system.

It may not provide
enough calories for
growth.



YOU CAN MAKE YOUR OWN
BABY FOODS WHICH ARE
LESS EXPENSIVE AND CAN
BE MORE NUTRITIOUS.

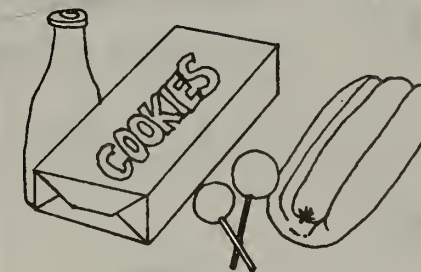
Sugar, butter and salt
should not be added to your
homemade food.

Ask your nutritionist for
more information on
preparing your own baby
foods.



BUY PLAIN MEATS,
VEGETABLES AND FRUITS -
YOU GET MORE FOR YOUR
MONEY.

- * Combination dinners
contain alot of water and
starch fillers.
- * Mix meats and vegetables
together if your baby
prefers them that way.



FOODS TO AVOID

- * MIXED DINNERS
- * BACON, LUNCHEON MEATS,
HOT DOGS, HAM
- * CREAMED VEGETABLES
- * FRUIT DESSERTS
- * PUDDINGS
- * COOKIES, CANDY, CAKES
- * SWEETENED DRINKS

(These foods are high in
fat and sugar and contain
few nutrients for your
money.)



THE BEST FOODS

- * PLAIN FRUIT
- * PLAIN MEATS
- * PLAIN VEGETABLES
- * EGGS
- * 100% FRUIT JUICES
- * UNSALTED CRACKERS
- * RICE
- * NOODLES, SPAGHETTI
- * COOKED CEREAL
- * WHOLE WHEAT BREAD
- * UNSWEETENED CEREALS
- * PLAIN YOGURT
- * COTTAGE CHEESE